

# DESIGN FOR A BECOMING LADIES' SILK JUMPER

## SUPERFLUOUS FLESH REDUCED BY HOT SODA BATHS

One Pound Washing Soda, Four Pounds Bicarbonate of Soda To Tub of Boiling Water.

Three-quarters of the feminine world seem to want to "lose flesh," judging by the requests for reduction with which my mail is filled. It is perfectly true that women are inclined to embonpoint with increasing years, and therefore the older one is the more difficult will be the work, both physical and mental, to achieve slenderness. Much of the mental work, for example, for a woman who is fond of sweets has to be given up. Yet this she must do if she starts the process of reducing. Food is only one-half the battle, however, for a certain amount of exercise, good hard movements, must be added. The one easy part of the whole treatment is the soda baths. Women who have tried these proclaim their virtue even as they speak of the discomfort.

A soda bath accomplishes its purpose by causing profuse perspiration and absorbing some fat. These are to be taken at night and, while in themselves harmless, should not be attempted by a woman with a weak heart or by one who is otherwise in bad physical condition. To prepare such a bath mix a pound of washing soda to four pounds of bicarbonate of soda, adding to a tub ordinarily full. Into this get the stout person, and there should be water enough to cover the body. The temperature at first should be as hot as can be endured comfortably, but after a few minutes, as the skin becomes accustomed to it, hotter water can and should be added. Continue doing this at intervals for fifteen minutes the first few times. By degrees lengthen the time until twenty-five minutes is reached. By this time perspiration should be profuse. One may, if willing, drink a glass or more of hot water while in the tub. It requires no great penetration to see that such a bath is very exhausting and that only a strong person could stand

it. Should one feel weakened after being in the water take a teaspoonful of brandy, and if the weakness continues give up the bath. They will do harm. From the bath one should get immediately into bed between blankets and pile on enough covers to continue the perspiration for a time. After half an hour remove the extra covers by degrees, that perspiration may be checked slowly.

On rising in the morning exercise. It really doesn't in the least matter what one does, just so it is hard physical work. A rich woman will ride horseback; a poor one will get just as much good from a bicycle, and one who has neither will find housecleaning quite as beneficial.

As for the diet, it must be carefully selected or soda baths will be useless. A good day from the reduction standpoint is like this:

Rise early and take a vigorous rub with a coarse towel or flesh brush. Drink a cupful of water before breakfast. Take one small cup of tea at breakfast, some dry toast, broiled fish or a small cutlet, and a baked apple or a little fruit. At dinner, which should be at midday, take white fish or meat, dry toast or stale bread, vegetables or fruit, either fresh or stewed. For supper, toast, salad, fruit, and six ounces of water. Watch the face carefully during this, and if it is losing some fat an astringent tonic should be used that it may not grow flabby. A good one is made with one wineglassful of orange flower water, a quarter of a teaspoonful of camphor, half a teaspoonful of bicarbonate of soda and two teaspoonfuls each of glycerine and cologne. Dissolve the camphor in the cologne and shake the bottle several times a day for forty-eight hours. Apply the lotion to the face at night, dabbing it on with a sponge and allowing it to dry.

## FROCK FOR LITTLE GIRL



A modish little frock for a twelve-year-old girl is shown in the sketch, the design being good either for wash goods, or cloth, or pongee. The model was in light blue linen, in combination with linen several shades darker. White soutache braid and blue linen buttons embroidered in white were used as trimming. The gimpes were of sheer allover eyelet embroidery, the sleeves being of the same, with hand cuffs to match.

### Cleaning Leather

Difficulty is sometimes found in cleaning successfully raised leather blotters and frames, brown shoe polish, which is sometimes employed, being apt to darken the leather, much as it does in the matter of footwear. Turpentine, however, can be safely used, it is said, in this connection, as a polisher, and can be applied over and over again without any ill effects being noticeable, while it effectively removes any stains which may be on the leather. After rubbing on the turpentine, a little crude oil should be vigorously applied with a piece of flannel, the object being to render the leather soft and pliable; turpentine, unless counteracted by oil, having the effect of hardening it to a certain extent, says Woman's Life. The oil should be used as a polisher and the surface rubbed gently backward and forward till the requisite shine has been attained.

### To Clean Curtains

Take down the curtains, shake and brush well, getting out all the dust from the gathers, nutes, etc. Prepare a quantity of good wheat bran, put it into a large pan and place before a fire to dry, stirring with the hands frequently. Afterward, if the curtains are of silk, mix with the bran an ounce or more of finely powdered indigo blue.

Provide several pieces of clean flannel. Spread the curtains, a piece at a time, on the table and sprinkle with bran, a handful at a time. Next, with a bit of flannel, rub the bran round and round on the material, letting it rest before brushing off. As you proceed take clean bran and flannel, and the curtains will become much brighter and improved in appearance, says Woman's Life.

If glazed chintz curtains are often cleaned in this way they will not require washing for a long time. They never look the same after being washed. Clean ottomans and sofas occasionally in the same way, and they will look much improved.

### The Shah's Kitchen

The new Shah succeeds to what is without doubt the most magnificent kitchen in the whole world, for it is more like a palace than an ordinary kitchen. As the ceiling is of costly lacquer and the pillars which support it are of marble and onyx.

The stoves, pokers and tongs, and even the coffee mill, are of solid silver, and all that is not made of silver is of copper heavily gilt. The dishes are plates and the knives and forks and spoons are all made of solid gold, and the plates and dishes are, in addition, set with hundreds of precious stones, says Home Chat.

No such magnificent apparatus for eating, adds "M. A. P." is to be found anywhere else, and the value of the Shah's kitchen and dining room has been estimated by a European traveler, who knows Teheran well, as at least \$5,000,000 sterling.

## WEEKLY COOKING LESSON

### ONIONS

By CORNELIA C. BEDFORD.

There is an old adage which says: "Eat onions in May and no doctor you'll pay." The penetrating, and to many, disagreeable odor of this onion is due to a volatile oil rich in sulphur. Some varieties of the ordinary red onion contain a high percentage of this oil, while other kinds, such as the shallot, Bermuda, and Spanish, are less highly flavored. The onion also contains considerable mucilage and a combination of salts, which have a mild, sedative effect. Physicians often order onions cooked in simple fashion to be given to delicate children four or five times a week, as they are not only soothing, but act as a blood tonic.

In boiling onions they should always be dropped into boiling water which has been well salted, for salt water tends to draw out and dissipate their flavor, leaving them insipid, and no amount of after-cooking or seasoning can restore their true taste. Never use an iron or metal saucepan, as it will blacken them; agate ware is best. Allow the water to cook down as they grow tender, then add a white or any other sauce desired. This gives a simple, wholesome dish.

Baked apples and onions—Peel and thinly slice equal parts of onions and tart apples. Butter a baking dish, then fill it with alternate layers of the onions, apples, salt, pepper, a pinch of sugar, and a few bits of butter. When the dish is full pour over a little boiling water, just enough to keep from burning; cover closely and bake in a moderate oven until very tender.

Mincing meat in onion cups—From any

cold cooked meat trim away tough fat and grate then chop fine. Season highly with salt and pepper. Take one half as many Spanish onions as there are people to be served or one large ordinary onion for each person. Have the first cut tops from the second. With knife or spoon scoop out the centers of each, then steam until tender. In the meantime mince a portion of the loose onion, add to the minced meat, moisten with a good gravy or sauce and simmer gently for a few minutes. Arrange the onion cups on a hot platter, fill with the prepared meat, pour more gravy round them and serve. Cooked peas or other vegetables may be substituted for the meat.

Baked onions—Peel and cut whole onions in thick slices. Place in a saucepan, add a teaspoonful of salt, cover with boiling water and boil for ten minutes. Arrange in layers in a baking dish with salt, pepper, and bits of butter. Pour in stock to half fill the dish and bake slowly until tender. In a frying pan stir one tablespoonful of butter and two-thirds of a cupful of coarse bread crumbs until slightly browned, then cool. Mix with an equal quantity of grated cheese, dust with pepper, spread over the onion and return to the oven until the cheese is melted.

Onion soup—This is both nourishing and soothing. Slice six large white onions, put in a frying pan with two tablespoonfuls of oil and stir until slightly colored. Add a half cupful of flour and stir until moderately browned. Add a quart of stock, three pints of hot milk, season well with salt, white pepper, and a half teaspoonful of sugar and simmer for ten minutes with fried bread croutons. Serve.

### A New Lavender Sachet

The manufacturers of the now celebrated peace pillow have added to the list of their much used production a delightfully scented sachet for use either in the linen cupboard or the wardrobe, where it serves not only to diffuse its perfume, but as a preventative of moth. Linasah, as it is named, imparts its surroundings a penetrating and lasting perfume of lavender at once aromatic and refreshing. The sachet, of the form of small cushions, is closed in saten or quilted satin covers, are made in several sizes and are each enclosed in a tinfoil envelope, so that they may travel any distance and remain in a perfectly fresh condition. They are further packed in neat cardboard boxes or in tins, and are cases with spare space for pocket handkerchiefs, says the Queen. Laid among the piles of napery in the linen cupboard, they fulfill their fragrant mission in a way to delight the heart of the old-fashioned housewife, who likes her snowy sheets and table linen to be pervaded with the delicious, subtle odor of sun dried lavender, and, put by with winter clothes, they are possessed of advantages which can certainly not be claimed by the general run of moth preventives.

### To Clean Wall Paper

Cut into eight portions a loaf of bread two days old. With one of these pieces, after having blown off all the dust from the paper by means of bellows, begin at the top of the room, holding the crust in the hand, and wiping lightly downward with the crumb, about half a yard each stroke, until the upper part of the paper is completely all round. Then go round again, with the like sweeping stroke, a very little higher than where the upper stroke extended, till the bottom is finished. This operation, if carefully performed, will often make very old paper look almost equal to new, says Woman's Life. Great caution must be used not to rub the paper, for attempts to clean in this horizontal way. The dirty part of the bread, too, must be continually cut away, and the piece renewed when necessary.

### Don't!

Don't, as the bright spring days come on, pull down your blinds lest the sun should fade the carpets. A house needs all the sunshine it can get during these early months of the year, says Home Chat.

Sunshine is one of the best health-givers in the world, and carpets are often cheaper than doctors' bills. If you notice, you will generally find that people who live in houses where sun and air are freely admitted are far more healthy and less subject to coughs, colds and influenza than those who do not fully avail themselves of these free gifts of God.

### The Gas Stove

Do you find your gas stove a real economizer? If not, these may be some of the reasons:

Lighting burners before you are ready to use them.

Baking by one thing at a time.

Heating water or cooking in uncovered vessels.

Placing small vessels upon large burners.

Using large burners when small ones would do.

Not turning out the flame before removing food.

Not lowering the flames when food is already boiling.—Home Chat.

### Palace Smoking Room

A quite small chamber was the one room in all Windsor Castle where the late Queen permitted smoking. A self-colored blue gray paper was on the walls, and the single billiard table was lighted by six oil lamps until quite the last years of Queen Victoria's reign. It was located almost equal to new, says Woman's Life. Great caution must be used not to rub the paper, for attempts to clean in this horizontal way. The dirty part of the bread, too, must be continually cut away, and the piece renewed when necessary.

### How to Apply Shoe Polish

Wax polishes specially prepared for calfskin shoes should be put on with a brush and then rubbed briskly with a hair or felt brush, and, to get a finished luster, with a soft cotton cloth.

Be sure to brush out the dust before putting calf shoes away, for they are usually so oily that gritty dirt works into the pores of the leather and in time cracks it.

When buying polishes ask for one to be used on calfskin, for those prepared for velvet, box, or Russia leathers will crack the calf just as the blackening made specially for calfskin will split any of these three leathers if constantly used.

The dull or gun metal finished leathers should not be shined; instead a paste made of glycerine, lampblack, and turpentine should be worked into the leather so it will retain the only appearance so much admired now.

Though ordinarily tops of shoes need practically no care, those with suede in light colors or uppers of cloth must be given as much attention as the vamps this season, or the boots will not look neat.

If shoes with suede tops in pink, blue, gray, red, or brown are worn frequently twice a week is none too often to clean them with naphtha or gasoline to get out gritty dust and stains.

### Fine Seeding

A stitch which combines admirably with satin stitch or fills in well between outlining is a fine seeding. This is popular for sheer lingerie blouses, where entirely solid work is sometimes too heavy, and is also much used in filmy handkerchiefs.

In working a delicate flower, for instance, it is much more attractive with the petals worked alternately in satin stitch and seeding than if done entirely in satin stitch.

Seeding is nothing more than a fine running stitch. Its beauty, however, depends on it being worked evenly. It is run in straight rows, with all stitches the same size. Those in each row alternate with those in the row above. If this is not done, the character of the work is quite spoiled.

### Man's Battle for Woman

Men fight each other in the struggle for wealth, but they fight for woman's admiration. They fight that their women may maintain position in the front ranks of the social world, and so the fight goes on in each lower stratum of society, individual man fighting first for what is necessary for his existence and then for the social supremacy he may give his woman.

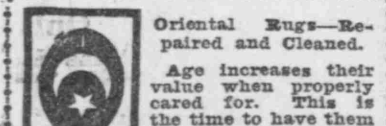
It is woman who creates the unrest in man; it is the woman who must quell it.—Woman's Life.

### A DREAMER.

"I need a wife, but she must be able to cook, not to throw food together, but to cook well. She must be expert with the needle, and understand all household duties."

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